

SPECIAL INSTRUCTIONS


TB CLINIC LOCATIONS

(Note: No TB skin tests are done on Thursdays)

County of Orange, Health Care Agency

PULMONARY CLINIC

1725 W. 17TH Street, Room 101 E
Santa Ana, CA 92706

 (714) 834-8790

Hours: 8-4 daily M-F & Open till 5:30 on Tues.


County of Orange, Health Care Agency

PUBLIC HEALTH WEST CLINIC

(Serving those who live west of Harbor Blvd.)

14120 Beach Blvd.

Westminster, CA 92693

 (714) 896-7250

Hours: 8-4 daily M-F

HOME ISOLATION FACTS

Public Health laws limit your activities if you have a contagious germ such as TB. These laws are to protect the health of other people.

LEGAL AUTHORITY

California Health and Safety Code, Chapter 415 Sections 121365-121369 gives the county health officer or designee the authority to issue any orders deemed necessary to protect the public health or the health of any other person. California Health and Safety Code, Section 120280 states that any person violating an order issued under the Section 121365-121369 is guilty of a misdemeanor. Violation of this order can result in an **order to be confined for isolation or treatment to a health care or other treatment facility or to jail.** California Code of Regulations, Title 17, Section 120130 states that persons with contagious TB must be under adequate medical supervision and observe instructions of the county health officer.



Do I have other responsibilities after discharge from the hospital?

The law requires that you keep all appointments at the Public Health Department and with your doctor. **If you cannot keep an appointment, CALL TO CANCEL AND MAKE A NEW ONE.**



REMEMBER...

If you take your medication, **TB IS A CURABLE DISEASE.** Having TB should not stop you from leading a normal life. The medicine you are taking is the right dosage for you, and should not affect your strength, sexual function or ability to work. Once it is determined you are no longer contagious, you can return to work or school and do the same things you did before you had TB.

UNTIL THEN, PLEASE...

Stay at home! Take all your medicines!
Cover your mouth and nose when you cough or sneeze!

Call Orange County Public Health staff listed below if you have questions.

Thank You.



IMPORTANT PHONE NUMBERS

Doctor Name: _____

PH Nurse Case Manager: _____

Phone: _____

DOT Worker: _____

Phone: _____

HOME ISOLATION FOR TUBERCULOSIS



Important Information and Patient Instructions

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in Infection Control & Epidemiology
Orange County Chapter
and



County of Orange Health Care Agency
Public Health-Disease Control

Your doctor has decided that you may have an infectious disease called tuberculosis, also known as TB. Because this is a serious disease that can be given to others, you must take steps to prevent the spread of the TB germ. You are being sent home on special precautions called **HOME ISOLATION**. This information will help you understand more about TB and what you must now do.

What is tuberculosis?

Tuberculosis (TB) is a disease that is spread from person to person through the air. TB usually affects the lungs. TB can also affect other parts of the body, such as the brain, kidneys or spine. The germs get into the air when a person with TB of the lungs coughs, sneezes, laughs or sings. Using or touching dishes or eating utensils, clothing, bed linen, furniture or toilets does **not** spread TB.



What is HOME ISOLATION?

Home Isolation is when a person is required to remain at home and cannot go out to public places because of a contagious illness that can be spread to other people. People on **HOME ISOLATION** are **not** allowed to leave their home except for needed medical care. This means the person is not allowed to go out in public, have visitors, or use public transportation until cleared by a doctor or nurse from Public Health.

How long will I need to be on HOME ISOLATION?

The contagious period of your TB depends on how well your body responds to treatment. It may be as short as two weeks or it may be much longer. This will be based on the results of your sputum tests, x-rays and decreasing symptoms. Public Health staff will tell you when you are no longer contagious and may resume activities, such as work, school or shopping.

What are symptoms of someone who has TB?

General symptoms of TB may include:

- Coughing
- Tiredness/feeling weak
- Night sweats
- Coughing up blood
- Fever
- Weight loss



Your family and other household members should have had skin tests and been examined at the health department before you went home from the hospital. If they develop any of the symptoms listed above, they should contact the public health department listed on this booklet. Often, Public Health may determine co-workers or other persons in close contact will need to be tested also.

What else must I do about my TB?

Even when they are no longer contagious, most people with TB must take anti-TB medications for 6 to 12 months. **YOU MUST TAKE ALL YOUR MEDICATIONS EXACTLY AS INSTRUCTED** until your doctor and Public Health tells you to stop. Keep all doctor appointments as scheduled. Observe for and report side effects of medicines.

Usually you will have Directly Observed Therapy (DOT). DOT means a worker from Public Health will visit daily to assist and watch you taking your medicines.

Examples of usual anti-TB medications are listed below. You should have received written instructions on YOUR specific anti-TB medications in clinic or when you were sent home from the hospital. Ask what side effects you should report.

- Isoniazid (also called INH)
- Rifamate (2 drugs in one pill)
- Rifater (3 drugs in one pill)
- Pyrazinamide (also called PZA)
- Ethambutol Streptomycin



Reminders!! Be sure to...

- Bring **all** your medication containers to every appointment.
- Return to your doctor or the health department for scheduled check ups.
- Stay at home and follow all instructions for HOME ISOLATION.

What must I do to comply with my HOME ISOLATION restrictions?

Remain in your home or yard and out of contact with the public. Do this until the Public Health Department tells you that you are no longer contagious. You cannot use public transportation or have visitors. You **CAN** go to your TB doctor appointments. You will be provided with a mask for these appointments.

Some examples of places you CANNOT go while on home isolation are your workplace, school, church, shopping malls, grocery stores, restaurants, and movie theaters.

WHAT ABOUT FAMILY? ROOMMATES?

Before you return home public health staff **MUST** evaluate all people who shared your household before your diagnosis.



To limit exposure of others, it is best if the same people care for you the entire time you are contagious.

What if my housing situation changes?

Notify Public Health immediately at the number for your PH Nurse Case Manager written on back of this brochure.

What if I need emergency medical care?

Immediately inform health care givers (paramedics, nurses or doctors caring for you) of your contagious TB.

What if I need non-urgent medical or dental care?

You should postpone non-emergency appointments until you are no longer able to spread this germ and Public Health indicates you are not contagious.

OTHER IMPORTANT INFORMATION

How can I prevent the spread of TB?

There are several things you will need to do.

- Always cover your nose and mouth tightly with 2 tissues when you cough or sneeze.
- Dispose of tissues immediately after use.
- Observe all home isolation instructions.
- Keep windows in home open as much as possible.
- Take your medications exactly as instructed.